

BEAVER MILLS COOK BOOK



THE **T.H. TAYLOR CO., LIMITED**
CHATHAM, ONT.

BEAVER FLOUR

THE VERY BEST

CORRESPONDENCE SOLICITED.

FOR SALE BY ALL GROCERS.

Why?

1st—Made from the very best White and Red Winter Wheat that can be bought.

2nd—The wheat is thoroughly cleaned and scoured, so that it is highly polished and free from all dirt and foreign matter, before entering the rolls for grinding.

3rd—Ground by rollers and reduced by machinery from the Latest Improved Hungarian System of milling.

4th—Only New, Clean barrels and sacks are used in packing the flour. The barrels are made of kiln-dried stock, and pressed together by machines to prevent dust sifting in handling.

5th—Reasonable in price; no higher than most second-grade country flours.

6th—Flour, above all articles of food, should be made and handled in a cleanly manner. We strive to do this, and can therefore warrant every sack and barrel produced. Remember, you run no risk in buying our Beaver brand, as it is unsurpassed in uniform quality. See that every barrel and sack has our trade mark—a Beaver—on it, and kindly recommend it to your neighbors and friends.

The T. H. Taylor Company

Limited

TELEPHONE 1

CHATHAM, ONT.

Where 'Beaver' Flour Is made

The Mammoth New Mill of the T. H. Taylor Company,
Chatham—Modern in Every Respect, With no
Superior in North America.

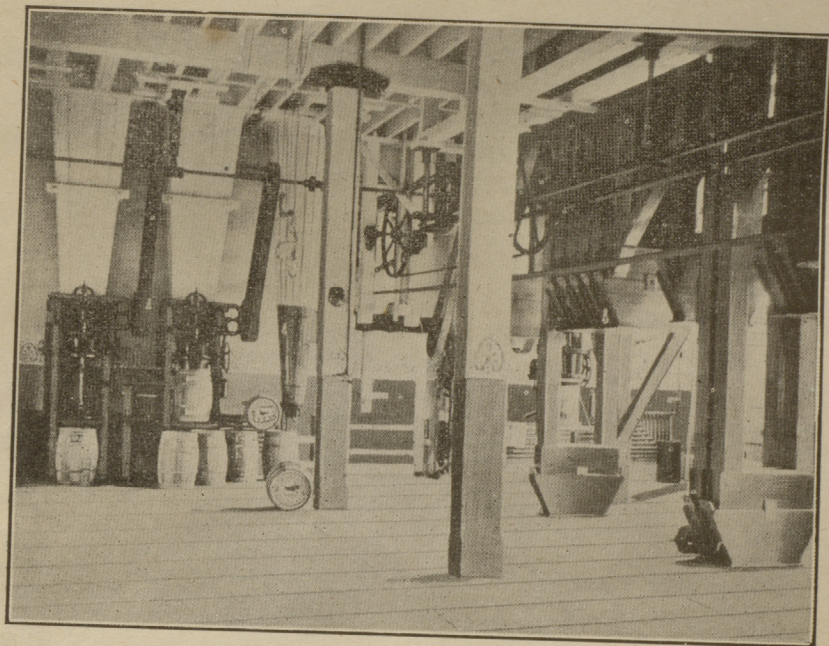


"The dusty miller has had his day,
And now the dustless miller has come to stay."

To spend two hours among the whirring machinery of a big flour mill and come out without a speck of dust on your clothes is an experience to be remembered. A like visit to one of the old-fashioned mills would mean to have been covered from head to foot; but so absolutely dustless and clean is the mammoth mill of the T. H. Taylor Co., Chatham, where "Beaver" flour is made, that the miller can no longer be distinguished by his appearance or the clothes he wears while at work.

Everyone has heard of "Beaver" flour, and many know it by its superior products, after it has passed through the hands of the housewife, but not many have had an opportunity of visiting the place where it is made or watching the process of its manufacture from the time the proper proportion of spring and fall wheat have been blended, through the use of delicate scales and proper mixing apparatus, until the finished product is packed in the spotlessly clean packing-room. The amount of machinery and the outlay and expense necessary to perfect a plant of this magnitude and equipment are truly astounding. A mill that has all the modern dust-proof appliances, as well as a complete equipment of all the latest inventions for converting grain into flour and feedstuffs, is a sight well worth remembering.

The new mill, which was very recently built, and represents a heavy investment of capital, has been built with a view to permanency, convenience and economy, and expense has not been spared to assure any of these



First Floor where the Packing is done.

qualities. The contract for the building was executed according to plans supplied by one of the largest mill-building companies in America. It was under the supervision of Mr. Gonne, and the massive and well-built structure is a credit to the builders. The milling machinery was selected from the most modern designs and from different firms, and the expert millwright who installed it asserts there is no better mill to be found anywhere.

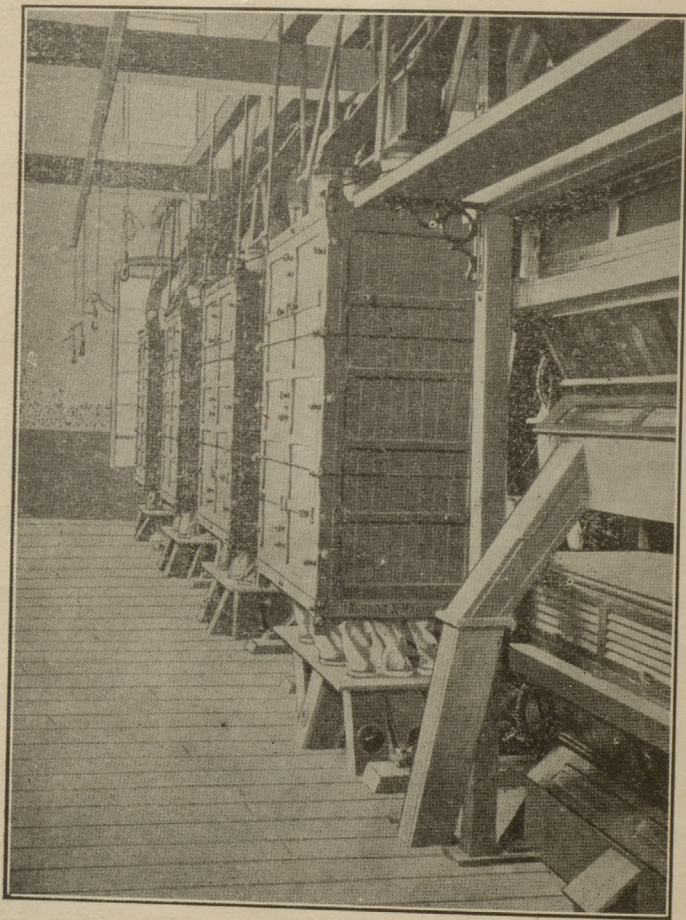
The mill proper is a spacious five-storey brick structure, with a cleaning department separated from the rest of the mills by fireproof walls and doors—a new feature in modern mill-building—with an immense and solidly built elevator adjoining. They are well lighted and heated, and furnished with fire-fighting appliances and fire-escapes throughout. The danger of dust explosion to which all flour mills have been formerly exposed, is entirely obviated by a system of dust-collectors, which prevent the accumulation of dust in any quantity whatever.

So solidly is the great building constructed, that not the least jarring or tremor is perceptible on any of the floors, when all the machinery is running. Under the building was driven a veritable forest of a thousand piles from thirty to thirty-five feet long for the security of the foundation, and after inspection of the massive structure, filled with machinery, one can understand the sagacity of the firm in so doing.

All the exposed woodwork of the building was planed, and afterwards given two coats of white magnite cold-water paint, an absolute fire protection and which adds to the beauty and cleanliness of the building. The walls are plastered and painted with a frescoed border throughout, which adds materially to the handsome appearance of the interior. The spouting, trunking and elevators are made of clear pine, planed and sandpapered at the mill and then shellaced and varnished after installation. Such finish is not given to most modern dwellings.

The spouts, put together with round-head screws, are lined throughout with polished tin, so as to make the flow of the ground products smooth and regular. All the shafting is of rolled steel, and the bearings are enclosed in ring oilers. The machinery is oiled automatically, requiring little care in that respect.

A technical description of the machinery and manifold processes employed in conversion of wheat into flour would not interest the casual reader. Suffice it to say that the main floor of the mill proper contains the packers, boots or bottoms of the elevator stands, and the main driving shaft and rope



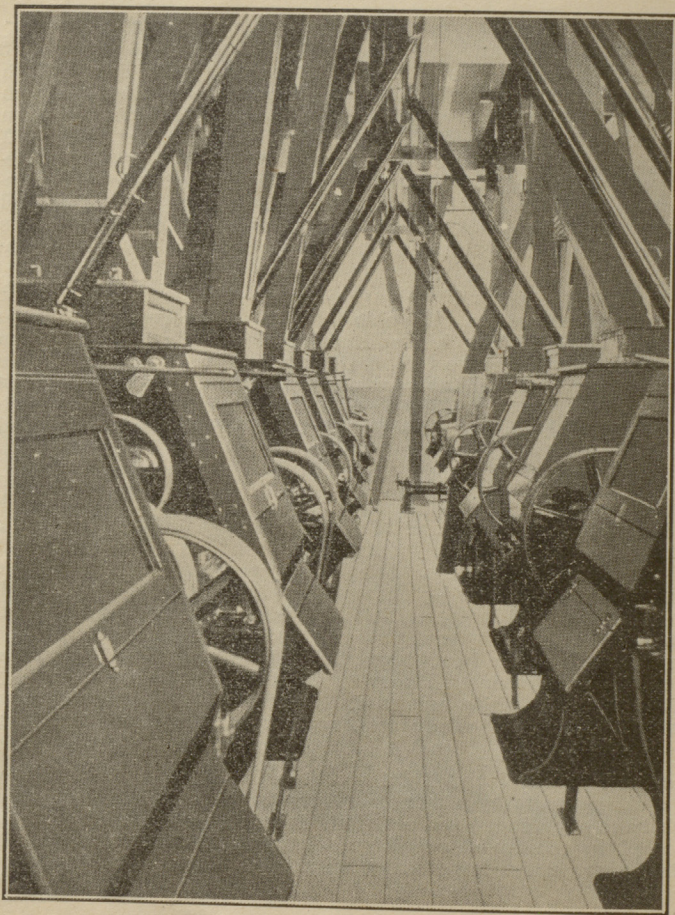
Four
No. 4
Square
Sifters.
These
Machines
do the
Grading
and
Separation
of the
Stock.

drive from the cleaning-room and elevator, which leaves ample space for sorting and shipping purposes. This storey is eighteen feet in height, with walls twenty-three inches thick. Off this floor one enters the cleaning-room in which are placed the chopper or attrition mill for custom work, the bran and shorts packers, main driving shaft and pulleys of this department. Off this you enter the massive structure used as an elevator and mixing warehouse fully equipped with scales, conveyors and spouts requisite for the operation of the same. To the south of the mill—first floor—is a large and spacious shipping-room, with tracks alongside. Off the end of this room is a well-equipped toilet-room and room filled with lockers for the use of employees.

Passing upstairs to the second floor are encountered the roller mills or grinders, fourteen of them, with a Columbia feed-break governor, a machine designed to feed the mill with the desired number of bushels per hour; also the steaming or tempering machine for heating the wheat to kill the germs and bring the wheat to the proper temperature for best milling results. The cleaning-room, off this floor, contains scouring-machines, chop rolls, dust-collectors and a 1,400-bushel scale, capable of weighing the largest carload in one draft.

On the third floor are placed the purifiers, all new, and of the latest pattern, each equipped with a perfection dust-collector, suspended from the ceiling, thus affording more space below. Here is displayed the millwright's expert handicraft—for the trunking, spouting and conveyors are really put together artistically, and exhibit the highest degree of workmanship. We also find here the metal flour bins—an innovation from the old-style, wooden, bug-breeding kind—bran dusters, Little Wonder reels, a Jumbo Dust-collector, which collects the dust from a large blower situated above the line of rolls for conveying away the heated and finely powdered flour dust made from the grinders. The blower also acts as a cooling device, which every experienced miller knows is quite essential. The floor of the cleaning-room off this department contains more scourers, separators, dust-collectors, bran and shorts bins, etc.

On the fourth floor are placed No. 4 square shifters, with nickel-plated exposed parts, and are made by a firm in Indianapolis, Ind. These are the machines which have superseded the old time Hexagon reels, which in their turn were followed by the round reels for bolting or sifting the flour. In construction the square sifter is radically different from any other sieve



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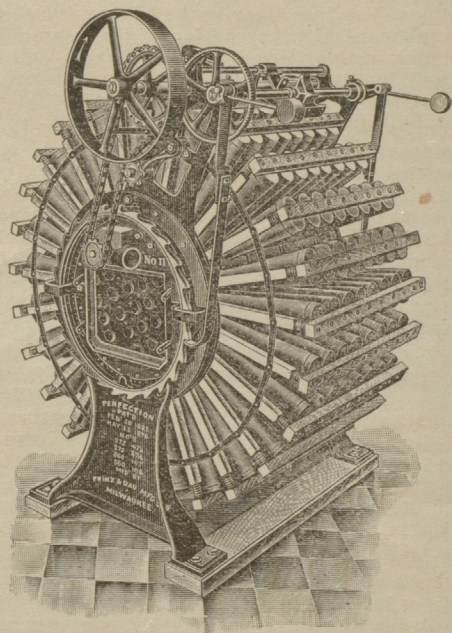
bolter, and while possessing every practical and desirable feature heretofore used, it involves a number of new features of value and importance. It has greater capacity and occupies less floor space than any other sieve machine on the market. The mechanical construction of these machines is of a high order. Each part is well proportioned, neat in design and strong. All the bearings run immersed in oil, which are fed by sight-feed oilers, and the overflow caught in an overflow cup.

The cut-offs as embodied in the machine give the miller full control of the machine, an advantage not possessed in any other sieve machine. With these devices, any portion of the sieve surface can be instantly cut off while the machine is in motion. The cut-off enables the miller to easily and quickly bring the flour up to grade. This obviates entirely the necessity of returning any portion of the flour back through the machine to bring up the grade—a retro-grade practice that some millers have been compelled to adopt owing to the lack of these facilities. These machines run steadily and quietly, with practically no vibration, and make separations that are dry and as near the ideal separation as has ever been seen by the most exacting miller.

The fifth and last storey contains the heads of the elevator stands, and impresses one with the unique design and planning of the machinery, for here one finds the elevator stands for the whole of the mill are on one main shaft, simplifying construction and economizing, separators, cooling-screens, dust-collectors, etc. It is remarkable how few people have any idea of the quantity and variety of machinery a first-class milling plant requires for the manipulation of the grain to secure the best results. The flour can be reduced to any desired stage of fineness, and when it reaches the final stage not a speck of dark dust can be found in the snowy mass with the most powerful microscope.

The fact that all the cleaning and scouring of the raw grain is done in a department cut off from the mill proper, must recommend itself to the cleanly housewife, whose desire is to use nothing but the best and cleanest flour obtainable. There is no other mill in Canada that contains this feature in its construction, so that the product of this mill stands far ahead of competitors in this respect.

The finely finished woodwork, the brightly painted ironwork of the various machines, the tinted and frescoed walls, and bright, airy ceilings altogether present a really effective and cleanly appearance, and reflect great credit on the proprietors of this up-to-date plant.



Perfection Dust-Collector. Collects the Dust from the Different Machines.

In the boiler room no expense has been spared, and great care has been taken in installing one of the most improved and up-to-date power plants to be found in Canada. Two new 72-inch x 16-foot lapwelded extra heavy boilers have been installed, capable of carrying a working pressure of 125 pounds of steam to the square inch. Coupled to these are under-feed stokers, with engine and blower, which enables the firm to burn the cheapest kind of slack with the best results. These are guaranteed to save fifteen per cent. of the cost of the fuel, while entirely eliminating the smoke nuisance. They feed the boilers automatically, and the small engine that operates the blowers is started or stopped by an automatic device as the steam in the boilers indicate.

The engine-room would delight those who take an interest in machinery, for here is installed a tandem compound Wheelock engine of 250 horsepower, producing the power, which is conveyed by an extra heavy double leather 30-inch belt from the eleven-foot fly-wheel to the main driving shaft. Northey condenser of ample capacity and pump connected assist materially the compound engine in the performance of its duty. An ideal high-speed engine is also installed to drive the electric-light dynamo in case the mill is stopped.

Both the boiler and the engine-room are of large dimensions, and with high vaulted ceilings and skylights make the rooms cool and pleasant to work in.

Ample room through the plant still remains unoccupied, for it is designed to permit of doubling the present capacity of the mill, and it is the intention of the company to install additional machinery for the spring-wheat plant as soon as the condition of the trade will require it.

The firm is one of the oldest in the milling business in Canada, the founder, Mr. T. H. Taylor, having established the business in 1845. The present company was incorporated in 1892, the year following the death of Mr. Taylor. The company also operates the Daisy mills, a modern Plan-sifter mill, which gives additional capacity in busy seasons. The total capacity of the two mills will be between eight and nine hundred barrels per twenty-four hours.

The officers and managers of the company are:—Mr. W. H. Taylor, who looks after the financial and sales department; Mr. W. J. Taylor, the mechanical and general supervision of the flour mills, and to him is due the credit for the arduous and worrying task of erecting and installing a plant of this magnitude.

"Beaver" Flour makes the sweetest bread,

OUR SPECIALTY

IN MIXED OR WHOLE CAR LOTS

"Northwest" (Hungarian Pat. Man.)	Beaver or Seal (Manitoba Blend)
Perfect (Manitoba Patent)	Sensation 90 p.c.
Headlight (Winter Patent) 80 p.c.	Famous (An Extra)
Graham Flour	Rolled Oats
Whole Wheat Flour	Gluten Grits (Breakfast Food)
Cornmeal (Kiln Dried)	Split Peas
Standard Oatmeal	Vie (Feed Flour)
Pot Barley	Middlings
Bran	Prime Beans
H. P. Beans	Mixed Oats
White Oats	Crimped Oats
Corn (Shelled)	Corn (on Cob)
Feed Barley	Ground Barley
Crushed Oats	Rolled Barley
Crushed Corn	Ground Oats
Ground Corn	Mixed Chop (Corn, Oats and Barley)

WRITE US FOR PRICES

The T. H. Taylor Company

LIMITED

CHATHAM - ONTARIO - CANADA

the whitest loaf, the largest loaf.

And more loaves than any

MUFFINS, BISCUITS and BREAD

SCONES.—Sift one quart of Beaver flour, add half a teaspoon of salt, a teaspoon of sugar, a tablespoon of lard, one beaten egg, two teaspoons baking powder and a pint of sweet milk; mix to a thick batter, drop on a very hot, greased griddle, and bake brown on both sides; serve with butter and honey.

BROWN BREAD.—One cup Graham flour, one cup Beaver flour, one cup corn meal, two cups sour or buttermilk, one tablespoon molasses, two tablespoons sugar, one small teaspoon of soda, one teaspoon salt, one egg, one cup raisins, one-half cup nuts; bake slowly one hour.

GEMS.—One-half cup molasses, one and three-quarter cups sweet milk, two cups of wheat bran, one and a half cups Beaver flour, one teaspoon soda and a pinch of salt; bake in gem tins in a moderate oven.

HOT TEA BISCUIT.—Two and a half cups Beaver flour, one-half cup sugar, one tablespoon butter, one cup milk, two teaspoons baking powder and a pinch of salt; roll out and bake in a quick oven.

CREAM WAFFLES.—Beat two eggs, mix with a pint of thick cream sift in a cupful of Beaver flour with a teaspoonful of baking powder, add half a teaspoonful of salt, beat well, and bake in greased waffle irons.

BUTTERMILK WAFFLES.—Mix a teaspoonful of soda in a pint of buttermilk, add a tablespoonful of melted butter, the yolks of three eggs, a pinch of salt and a teaspoonful of sifted Beaver flour. Beat well, and stir in the frothed whites of the eggs. Have the waffle irons well heated and greased, fill with the batter, and bake brown. Butter while hot, and serve with honey.

POPOVERS.—Beat two eggs very light, add one and one-half cupfuls of water, one-half teaspoonful of salt, two cupfuls of Beaver flour, two teaspoonsful of baking powder. This rule makes a dozen when baked in muffin tins.

WHOLE WHEAT BREAD.—To make whole wheat bread dissolve a cake of compressed yeast in a gill of lukewarm water. Pour into a bowl a pint of milk and stir into it a pint of boiling water. Add a teaspoonful each of

Other brand on the market.

Bread and Cakes from "Beaver" Flour

salt and sugar and when the liquid is bloodwarm add the yeast. Stir in a quart of whole-wheat flour, or enough to make a batter. Beat for nearly ten minutes, then beat in enough **Beaver** flour to make a dough that can be kneaded. Turn upon a floured board and knead for ten minutes and set to rise with a towel over it. At the end of three hours knead for five minutes, make into loaves, knead each of these for two minutes and set to rise for about an hour before baking in a steady oven.

BUTTERMILK BISCUITS.—Sift a quart of **Beaver** flour, add a tablespoon of lard, half a teaspoon of salt, one teaspoon of soda, buttermilk to make soft dough; roll out, cut into biscuits and bake in a quick oven.

WHITE BREAD.—There are various secrets of making fine, light, spongy bread: good flour and yeast, the proper temperature of a mixing fluid, as well as the atmosphere in which it stands during the raising process and a liberal amount of kneading. To make four loaves of good bread, pour one quart of boiling water over four tablespoonfuls of lard, two tablespoonfuls of sugar, and one tablespoonful of salt. When lukewarm add one yeast cake dissolved in half a cup of water and **Beaver** flour enough to make a smooth elastic dough. Turn out on a floured board and knead till the dough is very smooth and does not stick to your hands. Grease the raising pan and put the dough back in it till it is light and spongy. Toss on a floured board and knead again. When no bubbles are visible cut into loaves and lay in greased pans, having each one about half full. Cover with a cloth and let dough rise till the pans are full, then bake in a hot oven. Moderate heat, however, when the bread is fully risen and begins to brown on top. If the loaves are large they will require more time to bake. When the bread is taken from the oven set in on a wire stand and leave uncovered till cool, then put in a tin box or stone jar, shutting it up closely.

BROWN BREAD.—One egg, two-thirds of a cupful of granulated sugar, one teaspoonful of salt, two cupfuls of sour milk, one even teaspoonful of soda, two and one-half cupfuls of graham flour, one and one-half cupfuls of whole wheat flour. Stir all together and turn into greased pans and bake slowly one hour.

Retain the moisture longer than any other flour.

Only the choicest wheats used in making "Beaver" Flour.

YORKSHIRE CAKE.—Three cups **Beaver** flour, three teaspoonfuls baking powder, one heaping teaspoonful of butter, one cup of milk. Roll out about an inch thick and spread on hot griddle. Cover with a basin and turn in ten minutes. Cover again and bake ten minutes more. A delicious breakfast cake—as every Yorkshireman will attest.

LADY WASHINGTON ROLLS.—Pare and slice one large potato, put in a saucepan, pour over half a pint of warm water and set over the fire to boil until tender. Take up, mash in the water, add a tablespoonful of sugar, a teaspoonful of salt, a tablespoonful of butter, half a teacupful of strong yeast and two tablespoonfuls of **Beaver** flour. Mix well, and set in a warm place to rise. When light beat one egg and stir into the batter with half a pint of sweet milk and three pints of sifted flour, knead well, let rise, make out in oblong rolls, place in buttered pans, set in a warm place for half an hour, and bake in a very hot oven.

SOUP

GREEN PEA SOUP.—Cover a quart of green peas with ot water and boil, with an onion, until they will mash easily. Mash and add a pint of stock or water. Cook together two tablespoonfuls of butter and one of **Beaver** flour until very smooth. Add to the peas and then add a large cupful of cream and one of milk. Season with salt and pepper, and boil up once. Strain and serve. A cupful of whipped cream added before serving is a great improvement.

CORN SOUP.—One pint grated green corn, one quart of milk, one pint hot water, one lage tablespoonful **Beaver** flour, two tablespoonfuls of butter a little onion, salt and pepper to taste; cook corn till tender; let the milk come to a boil, and add flour and butter; cook for a few minutes and add the corn. A cupful of whipped cream added before serving is a great improvement.

POTATO SOUP.—One quart of milk, six large potatoes, one stalk of celery, an onion and a tablespoon of butter; put milk to boil with the onion and celery; add the potatoes finely mashed, and the butter; pepper and salt to taste; rub through a strainer and serve immediately. A couple of eggs well beaten and added when in the tureen, or a cupful of whipped cream is a great improvement.

No electric bleaching process with the wheat we use.

The Standard Ontario Flour of all large dealers.

MEATS and FISH

CHICKEN TERRAPIN.—Make a sauce with two level tablespoonfuls of butter, two of Beaver flour and one cupful of cream, or half cream and chicken stock. Season with salt and pepper. When boiling hot remove from the fire, add two well beaten eggs and one pint of chopped cold chicken. Butter individual dishes or one baking dish, pour in the chicken mixture and place the dishes in a pan of hot water. Spread crumbs on the top and bake in a moderate oven for twenty minutes. Serve at once.

OYSTER COCKTAILS.—The following measurements are sufficient for eight or ten oysters: One tablespoonful of tomato catsup, two tablespoonfuls of chili sauce, one-half teaspoonful of Worcestershire sauce, a dash of tobasco, one tablespoonful of oyster liquor and the juice of one-quarter of a lemon. Paprika may be used in place of tobasco. Mix all these ingredients and chill them thoroughly. Serve four or five oysters in cocktail glasses with a spoonful of the sauce. With salted wafers, oyster cocktails are served as a first course.

CREAMED OYSTERS.—Make one cupful of thick creamed sauce; season with salt, pepper and cayenne, wash and pick over one quart of oysters and parboil until plump; skim carefully, drain and add them to the sauce. Serve on toast and garnish the dish with points of toast, or the toast may be omitted and bread crumbs browned in butter sprinkled over the oysters. When served in patty shells or in a vol-au-vent case make the cream sauce thicker.

PANNED OYSTERS.—Wash one pint of oysters; take one-half cup of butter and brown it; cook the oysters in the butter. Beat the yolks of two eggs, add half a cup of milk and half a tablespoon of Beaver flour. Mix all together, let come to a boil, and pour over toast for serving.

SCALLOPED BEEF.—Some minced beef, one small onion chopped one-half cup gravy, some mashed potato, one tablespoon of butter to each cup of potato, and one of milk; pepper and salt to taste and a little made mustard. Mash the potato while hot and beat very light; add butter and milk. Put the minced meat in a buttered baking dish, season with onion, pepper and salt and mustard, moisten with gravy, and cover with the mash.

All the Wheat that's Good to Eat—is "Beaver."

No dark, heavy, sour bread from "Beaver" Flour.

ed potato at least half an inch thick. Put little pieces of butter over the top and bake to a light brown.

SALMON LOAF.—Take one can of salmon, drain off the juice, and chop fine; add yolks of four eggs well beaten, one-half cup grated bread crumbs, four tablespoons of melted butter, one-half teaspoon of pepper, one-half teaspoon salt, and a little chopped parsley. Beat whites of eggs stiff and add last. Bake for half an hour in a buttered pan. Dressing for Loaf: One cup of sweet milk, one tablespoon of butter, one tablespoon of **Beaver** flour. Cook till thick, and add one egg well beaten.

CHICKEN AND OYSTERS.—Make a white sauce with one pint of milk, two tablespoons of butter, two tablespoons of **Beaver** flour, pepper and salt to taste; add to this one pint of cold chicken cut into dice and one pint of oysters drained. Cook until the oysters plump, serve on toast sprinkling just before serving with celery chopped fine.

WHITEFISH FRITTERS.—Take one cupful of cold boiled fish flaked up fine, add to it half a cupful of mashed potatoes, half a cupful of cream, half a cupful of grated bread crumbs, the beaten yolks of two eggs, one-half a teaspoonful of salt and one-eighth of a teaspoonful of pepper. Mix all well together, then make into cakes, or balls; beat slightly the whites of two eggs, dip the cakes into the egg, then into cracker crumbs, and fry a light brown. Garnish with parsley and serve hot.

JELLIED HAM.—Soak one-quarter of a box of gelatine in one-quarter of a cupful of cold water, add three-quarters of a cupful of boiling chicken stock and strain. Add one cupful of chopped ham, which has been highly seasoned with cayenne and a little lemon juice. Let stand until it begins to thicken, then add one cupful of cream whipped to a stiff froth and turn into a wetted mold. When firm turn out on a bed of branched lettuce leaves and garnish with mayonnaise.

VEAL LOAF.—Two pounds of lean veal and one-quarter pound of salt pork put through the meat chopper, one cup of cracker crumbs, three well beaten eggs, salt, cayenne pepper to taste, one tablespoon of lemon juice, tablespoon of onion juice or finely chopped onion. Moisten with little stock if you have it, if not with little water. Form into a loaf and bake one hour; baste occasionally.

Try "Beaver," and prove the assertion.

The T. H. Taylor Co., Ltd., Chatham, Ont.

FRENCH CREAMED CHICKEN.—Boil chicken tender, cool and cut fine. Put into a chafing dish one tablespoonful of butter and one of Beaver flour, rub smooth, then add one cupful of cream. Put in the chicken, one can of white mushrooms (fresh ones may be used) and one can of French peas. Cook thoroughly, adding pepper and salt to taste. Serve on hot toast.

CHICKEN A LA MARYLAND.—Cut up chicken, put in baking pan with Beaver flour, salt, pepper and butter, a little water in pan. Cover, cook slowly and baste often. When done, brown in broiler. Make gravy in pan and add one cup cream, one-half teaspoonful soup bouquet, four table-spoonfuls sherry.

ROAST TENDERLOIN.—Take two tenderloins and split lengthwise. Place two together and fill with dressing made of bread, onion, egg, sage and seasoning. Wind a string around to keep them together. Season on the outside and tack on with toothpicks three slices of bacon. Roast as you would any other roast, about forty-five minutes.

In cooking a tough fowl or meat, one tablespoon of vinegar in the water will save nearly two hours' boiling.

A little sugar added to the water for boiling meat improves its flavor

EGGS

CURRIED EGGS.—Make a sauce with two tablespoonfuls each of butter and Beaver flour, half a teaspoonful of salt, one teaspoonful curry powder and a pint of milk. Instead of all milk half as much may be meat stock. Into this sauce lay seven hard-boiled eggs, which have been cut lengthwise into eighths.

STUFFED EGGS.—Boil eggs hard and throw them into cold water. When cool remove the shells, cut the eggs in half carefully and extract the yolks. Rub these to a powder with the back of a spoon, and add to them pepper and salt to taste, a little very finely minced ham, and enough melted butter to make the mixture into a smooth paste. If ham is not at hand, any other cold meat will do, and either anchovies or anchovy paste may be used. Make the compound into balls about the size and shape of the yolks

Make "Beaver" Flour. They guarantee every barrel.

For all kinds of Family Baking "Beaver" has no equal.

and restore them to their place between the two cups of the whites. Keep these in place by wrapping them in several thicknesses of tissue paper.

EGGS, SOUTHERN STYLE.—Easy to make and appetizing. Cut four hard boiled eggs into thin slices, place in a baking dish with alternate layers of grated cheese, sprinkle with a shake or two of red pepper, a saltspoonful of salt and a dash of nutmeg; sprinkle the top with grated bread and dot over with butter. Bake until a rich brown.

A SWEET OMELET.—Soak half a cupful of fine dry crumbs in the same quantity of warmed milk, adding a tiny pinch of soda to the milk. Beat four eggs light, and when the crumbs are soft mix all well together and beat one minute. Have a teaspoonful of butter hot in a frying pan, pour in the mixture and cook as you would any other omelet. Before taking it up cover thickly with powdered sugar, to which has been added a little powdered cinnamon. Fold upon this and serve. You may substitute jam or jelly for the sugar.

ANCHOVY TOAST WITH EGGS.—Beat five eggs slightly, add half a teaspoonful salt, a little pepper, half a cup of milk or cream. Put a heaping tablespoonful of butter in the chafing dish. When it melts turn in the egg mixture and stir until the egg is creamy. Have ready slices of toast spread thinly with anchovy paste, and pour over them the egg mixture. A hearty dish.

EGG OMELET.—One cupful bread crumbs, one cupful sweet milk, let soak a little bit, then add the yolks of three eggs well beaten, season with salt and pepper, lastly fold in the well-beaten whites. Have a granite skillet well buttered and hot, pour in the omelet and bake in a hot oven until it is set, which you can tell by running a knife in the center of it. Turn out on a hot platter and serve at once.

EGG ENTREE.—Take as many eggs as there are people to be served; add a third of their weight in grated cheese and half their weight in butter. Beat the yolks and whites well, add the cheese and butter and season with salt and pepper. Cook in a double boiler till thick, adding a little parsley if desired. Serve with toast.

EGG BALLS.—Mash all together two hard-boiled egg yolks, one-half as much boiled potatoes, one teaspoonful chopped parsley, cayenne and salt.

It's the only Flour Blended especially for household use.

Put up in cleanest barrels.

Mix the yolk of one egg through the above ingredients. Form into balls the size of cherries, keeping the hands floured during the operation. Drop the egg balls a minute or two in a sauce pan of boiling water, take them upon a perforated spoon or skimmer and drop them into the hot soup which is ready for serving. These balls are easier made than those which are fried in deep fat, and are just as tasty.

SCRAMBLED EGGS.—Break four eggs into a sauce pan, with a piece of butter the size of an egg, three tablespoons of milk, a little pepper and salt; stir until they are cooked, which will be in a few minutes, and serve on buttered toast.

HAM OMELET.—Break six eggs into a bowl, season with salt and pepper, give twelve vigorous beats, pour in an omelet pan. Shake over the fire until set, sprinkle with minced cold ham, fold over and take up. Serve immediately.

CHEESE

POTATOES AND CHEESE.—One of the most delicious French vegetable dishes is potatoes prepared with cheese. After six or seven potatoes have been boiled until they are mealy, mash them as smooth as possible, adding a couple teaspoonfuls of butter, salt and pepper to them, and enough hot milk to make them quite soft. Grate half a cupful of cheese and beat it into the mashed potatoes, and grate a thin layer of cheese over the top; then set the whole into the oven until the cheese toasts. It is now ready to serve. Another method is to cut some boiled potatoes into rather large pieces, as if for frying, and arrange them in a baking dish. Grate cheese over each layer of potatoes, pour a thin cream dressing over all the layers, grate a layer of cheese on the top and brown it.

COTTAGE CHEESE.—This cheese is much better when made at home. The kind that you buy has been made by allowing the milk, which is the foundation, to sour and sour again. The process in making it at home requires milk that has well curdled. Put this on the stove in a stew pan and let it stay only so long as it is necessary for the curd to separate

Are put together by machinery, and of kiln-dried stock.

This Blending, Manitoba Spring Wheat, Ontario Fall

from the whey. If cooked too long the cheese will be of a leathery consistence. Now strain it in a cheesecloth bag to be rid of the moisture. Season with salt, pepper and either cream or butter. The cream is preferable but the butter may be used. Some housekeepers add onion juice in small quantities, but this is merely a matter of taste.

PLAIN WELSH RAREBIT.—Put one tablespoon butter into the chafing dish; when melted add half a pound of cheese cut fine, a saltspoonful of salt, a sprinkling of cayenne. When creamy add gradually half a cupful of cream or good milk, with the beaten yolks of two eggs. Serve on toast. This is delicious and simple.

BAKED WELSH RAREBIT.—Cut slices of stale bread of uniform thickness and trim off the crust. Slice cheese thin and arrange the bread and the cheese in a bakedish in alternate layers. When the dish is packed with this pour in milk to fill the dish to the brim, sprinkling a little salt over the top-most layer. Cover the dish and bake for twenty minutes, uncover and brown. The contents will puff up and be deliciously light and tender, as well as of an appetizing quality. If you wish you can put salt and cayenne pepper on each layer, but as a rule no more salt is needed than is already in the bread and the cheese.

RAREBIT.—Melt a tablespoonful of butter in a double boiler and put with it a gill of hot water and a half pound of soft cheese, either grated or shaved. Let them melt together. When they are well blended season with a teaspoonful of celery salt, a pinch each of dry mustard and of red pepper and beat in two eggs, whipped light. Cook about three minutes longer, stirring all the time, and add a teaspoonful of Worcestershire sauce. Serve at once on toast. This is a delicious rarebit and will never become stringy.

SALADS

EGG SALAD.—Beat smooth the yolks of three eggs with one teaspoonful of salt, quarter teaspoonful of mustard, one teaspoonful of sugar, dash of celery salt, one cupful of vinegar and one cupful of milk, and two table-spoonfuls of olive oil. Put into double boiler and cook until thick, stirring

Wheat, enables the housewife to get the best results.

“Beaver” Flour contains ALL the nutrition—the

all the time. Let it get perfectly cold. Line a chilled dish with crisp lettuce leaves, heap hard boiled eggs, cut in quarters, upon these, and pour over them the dressing.

HAM SALAD.—One cup of cold ham (from which all the fat has been cut away), one cup of sliced cucumber pickles, three hard-boiled eggs. Arrange ham and cucumbers in layers, saving sliced eggs for top; pour cream dressing over; garnish with olives (looks well with only the eggs for garnish), and is sure to be liked by the masculine part of the family. Cream Dressing: One tablespoonful of butter, one of mustard, one of sugar (may be omitted), one teaspoonful of Beaver flour, a little red pepper, yolk of one egg, one cup vinegar. Heat vinegar and butter together; when boiling stir in other ingredients that have been previously well mixed. Cook three minutes. A nice dressing and will keep bottled for several days.

EGG SALAD.—Boil six eggs perfectly hard, putting them on in cold water, and cooking ten minutes after this reaches the boil, that the yolks may be dry and mealy. Cut the whites in two, remove carefully, and rub the yolks to a paste with three tablespoonfuls of minced ham or chicken, or both, ten drops of onion juice, a saltspoonful of mustard, a tablespoonful of melted butter salt to taste and half a teaspoonful of paprika. Crowd this mixture back into the halved whites, cutting a bit off the bottom of each cup, that it may stand upright, and letting the newly formed yolk rise above the edge of the white as far as the original yolk would have done. Arrange these on lettuce leaves and serve with a French dressing, or with boiled salad dressing.

TOMATO JELLY.—Strain the juice from a number of stewed tomatoes and cook over the fire for a quarter of an hour with a bay leaf and a sliced lemon. To a pint of the juice add a tablespoonful of gelatine previously softened in a little cold water. Stir the juice until the gelatine is dissolved, take from the fire and strain after seasoning well with salt, cayenne and a dash of celery salt. Pour into a mould and put in a cold place until the jelly is firm. This may be served on lettuce with mayonnaise, or it may be used as a garnish for cold meats, in which latter case the jelly need not be poured into a mould but into a large shallow dish.

OYSTER SALAD.—Scald as many oysters in their own liquor as you

Gluten, protein, phosphates—of the wheat kernel.

"Beaver" is a blend of Ontario Fall Wheat for flavor,

have guests. The moment they begin to swell, drain and let them get cold; if possible place them on ice. Have on each plate two crisp lettuce leaves, on which lay an oyster; cover with sliced pimentos (stuffed olives) and lay a spoonful of mayonnaise on each. Serve with cheese straws.

ORANGE SALAD.—Select sour oranges for this salad or use sweet ones liberally sprinkled with lemon juice after they are sliced. Cut the oranges in thick slices, carefully remove the seeds, arrange the slices in rows and turn over them a dressing made of one tablespoonful of lemon juice to three of oil, with salt, pepper and paprika to taste. This salad is a welcome addition to game.

CHICKEN SALAD.—The meat of a cold boiled chicken, cut into small, neat pieces. Half as much celery as you have chicken, cut into inch lengths. One small head of lettuce. Pepper and salt to taste. One tablespoonful of oil, one tablespoonful of vinegar, one cupful of mayonnaise dressing. Mix the cut chicken and celery, season and moisten with oil and vinegar. Line a salad bowl with lettuce, and on this heap your salad. Pour the thick mayonnaise dressing over the chicken and celery.

SALAD DRESSING.—Scald one cup of sweet milk or cream, stir together one egg, one teaspoon of mustard, one teaspoon of Beaver flour, one tablespoon of butter, two tablespoons sugar; when mixed stir into the scalding milk and let it thicken; take it from the stove and add one-half cup of vinegar.

SHRIMPS IN JELLY.—Soak a box of gelatine in six tablespoonfuls of cold water for half an hour, add the juice of three lemons, a pint of boiling water and a little salt; strain and turn into tiny salad moulds (after dinner coffee cups are excellent substitutes); put a few pickled shrimps in each mould and set aside to harden. Unmould on lettuce leaves, lay a few shrimps around each and put mayonnaise on top.

EGG AND SARDINE SALAD.—Boil hard an egg for each person; cool, remove shells and halve. Rub yolks fine and add mustard, salt, cayenne and lemon juice to taste, and for each egg two sardines scraped fine after removing skin and bones. Fill empty halves of the eggs with this and lay on lettuce, placing a bit of mayonnaise on top of each half. Devilled chicken or turkey or ham may be used instead of the sardines.

Manitoba Spring Wheat for strength.

Wherever there are children there must be plenty of

FRUIT SALAD.—Blanch the meat of two dozen English walnuts and break in pieces. Seed two or three dozen white grapes. Cut one pineapple in small pieces. Slice three bananas. Separate the sections of two large oranges and remove all skin. Pour over a dressing made of one-half cup of Maderia wine, one cup of sugar, two tablespoons of lemon juice and one-half cup of orange juice. Garnish with Maraschino cherries.

SALMON SALAD.—Place on a bed of lettuce leaves half a can of salmon, freed from oil and bones, and flanked; pour over the fish a little boiled salad dressing of mayonnaise, and garnish with slices of hard-boiled eggs and lemon.

SALAD DRESSING.—Beat two raw eggs with one teaspoon of salt, a little cayenne, one teaspoon mustard, two teaspoons sugar; boil one small teacup of vinegar, pour over ingredients, return to double boiler and stir till thick, and add two tablespoons of butter. When cold add one-half cup of cream.

SOME NEW SANDWICHES

FIG SANDWICH.—Chop one-quarter of a pound of figs very fine, add one-quarter cupful of water and cook to a smooth paste; add also one-tird cupful of almonds blanched, chopped very fine and pounded to a paste with a little rosewater, also the juice of half a lemon. When cold spread the mixture upon thinly buttered slices of white or rye bread.

WALNUT SANDWICHES.—Shell English walnuts. Blanch and chop, and to every tablespoonful of nuts allow a good half teaspoonful of cream cheese. Rub well together and spread on thin slices of crustless white or graham bread.

ROAST BEEF SANDWICHES.—Chop rare roast beef very fine, taking care to use only the lean portions of the meat. Sprinkle with salt, pepper and a saltspoonful of horseradish. Mix and make into sandwiches with thinly sliced graham bread.

PEANUT SANDWICHES.—Shell and skin freshly roasted peanuts and roll them to fine crumbs on a pastry board. Add salt to taste and mix

Good Bread. Use "Beaver" Flour.

"Beaver" Flour makes the lightest paste,

the powdered nuts with enough fresh cream cheese to make a paste that can be easily spread on unbuttered bread. Keep in cold, damp place until wanted.

HAM AND OLIVE SANDWICHES.—Chop lean ham fine and beat into each cupful of the minced meat a tablespoonful of salad oil, a teaspoonful of vinegar, a saltspoonful of French mustard, six olives chopped fine and a teaspoonful of minced parsley. Work all to a paste and spread on thin slices of white bread.

An unusual but very good use for grated lemon peel is as a flavoring for sandwiches made of Neufchatel cheese. Rub the cheese to a paste with a little butter and a spoonful of cream, add the lemon peel and a few chopped nut meats. Spread the bread on the loaf.

A very delicate chicken sandwich has the meat chopped with an equal quantity of blanched almonds. Season with celery salt and moisten with mayonnaise.

The secret of a green pepper sandwich is to butter only one slice of bread. Lay the shavings of pepper on the unbuttered round, sprinkle them with a few drops of olive oil and press the buttered round onto it.

SANDWICHES.—Chop half a pound of cold, boiled, lean ham fine, add one minced pickle, a tablespoonful of made mustard and a sprinkle of cayenne; put two tablespoonfuls of butter in a small saucepan and stir over the fire until soft, add the ham and the beaten yolk of one egg; take from the fire and stir all together, pour out on a dish to cool; spread very thickly on buttered slices of bread and serve.

A Dutch sandwich has a basis of very thin slices of rye bread. The filling consists of a very thin slice of Swiss cheese on which is a layer of finely minced boiled ham and raw onions in equal parts moistened with mayonnaise dressing.

A second filling is made by working the yolks of two hard boiled eggs and a quarter of a pound of sharp cheese to a paste, adding a tablespoonful of stoned olives and a teaspoonful of capers finely chopped, seasoning highly with salt and paprika and moistening with mayonnaise.

And therefore the whitest pastry.

If you have not used "Beaver" Flour,

CHICKEN AND NUT SANDWICHES.—Mince the white meat of a roast chicken, and mix it with half a can of French mushrooms, chopped fine, and a half cupful of chopped English walnuts. Season to taste with pepper and salt, and moisten with melted butter. Put the mixture between slices of whole wheat bread.

DEVILLED EGG SANDWICHES.—Mash the yolks of hard-boiled eggs to a powder and moisten with olive oil and a few drops of vinegar. Work to a paste, add salt, pepper and French mustard to taste, with a drop or two of tobasco sauce. Now chop the whites of the eggs as fine as possible (or until they are like a coarse powder) and mix them with the yolk paste. If more seasoning is necessary, add it before spreading the mixture upon sliced graham bread.

TEA SANDWICHES.—Cream cheese in combination with chopped olives or with chopped nuts is recommended for sandwiches. Moisten the cheese with a little thick cream and add a little salt. About ten olives, stoned and chopped, to one cheese is the proper proportion. Mix the two and spread between thin slices of bread and butter. Trim the crusts and, if desired, cut the slices into rounds or triangles. Peanut, English walnuts, or pecans, or a mixture of these nuts, combines well with the cheese. Prepare exactly as with the olives. Pimientoes make the daintiest of tea table sandwiches. The pimientoes should be cut in tiny rings, and only a few of them spread on bread and butter. The flavor should be delicate, not obtrusive.

Chopped raisins, nut meats, honey and orange juice are the filling of a sandwich to serve with chocolate or coffee at a chafing dish supper.

PUDDINGS AND PASTRY

LEMON SHORTCAKE.—One egg, one cup of granulated sugar, two-thirds cup of milk, one and a half cups of **Beaver** flour, one tablespoonful of butter, two teaspoonfuls of baking powder. Cream butter and sugar, mix baking powder with flour, beat egg till light, then add the butter and sugar, milk, flour, and one teaspoonful of lemon extract. Bake in three layers

Give it a trial. You will not regret it.

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Spread with lemon cream made as follows: Juice and rind of two lemons butter size of an egg, cup of granulated sugar, two eggs well beaten. Place on fire and stir constantly till it thickens. Spread between layers. Serve with orange sauce. Orange sauce: One cup of powdered sugar, generous cup of rich cream juice and shredded pulp of six sweet oranges. Beat till creamy.

RASPBERRY DROP CAKES.—Make a batter with two well-beaten eggs, two and one-half cupfuls of sweet milk and one scant pint of **Beaver** flour sifted with one rounded teaspoonful of baking powder, and one-half teaspoonful of salt. Drop in large spoonfuls on a well-greased griddle, and spread raspberries quickly on top of each, pressing them lightly into the batter. Brown delicately on both sides and serve hot with butter and powdered sugar. For these delicious little cakes the berries must be ripe but perfectly firm; if too juicy they are not suitable.

ORANGE PUDDING.—Grate the rind from two oranges and squeeze in the juice. Stir to a cream half a pound of butter, half a pound of sugar and one gill of sherry wine. Add to this the well beaten whites of five eggs. Place on the fire in a porcelain-lined pan and cook until it begins to thicken. Then pour into pudding dish, edge with a border of rich pastry, bake thirty minutes and serve cold.

BAVARIAN APPLE PUDDING.—Pare and cut into quarters five or six sweet apples and place in a deep pan; add the juice of a lemon, a wine-glassful of sherry, a quarter of a cupful of sugar and two teaspoonfuls of gelatine dissolved in a little warm water. Place over a moderate fire, stirring the contents occasionally. When the apples are perfectly soft rub them through a sieve into a basin. Place in cold water or upon ice and stir slowly until the apples are on the point of setting. Then stir in half a pint of whipped cream and pour into a mould.

CARAMEL PUDDING.—Place one cupful of brown sugar in a sauce-pan and cook until it browns. Add two tablespoonfuls of butter and one cupful of sweet milk, cook it ten minutes, then add one pint of milk in which has been dissolved two tablespoonfuls of cornstarch. Cook until thick, flavor, pour into moulds, chill and serve with whipped cream, sweetened and flavored to suit taste.

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The best success in making Bread,

PINEAPPLE CREAM.—Beat the yolks of three eggs slightly, add the juice and grated rind of one lemon, a pinch of salt and half a cupful of sugar. Let simmer on the fire slowly, stirring all the time until it thickens. Then remove and stir in a cupful of canned pineapple grated fine and one and a half tablespoonfuls of gelatine which has previously soaked in half a cupful of cold water. When the mixture begins to jell stir in half a cupful of cream beaten to a froth and the whites of the three eggs also beaten stiff. Turn into a mould and chill thoroughly until time to serve.

FRENCH MADELEINE TARTS.—Line about fifteen scalloped patty pans with American puff paste, place a teaspoonful of currant jelly in each, and fill with a mixture prepared as follows: Pound a cupful of blanched sweet almonds very fine with a cupful of fine sugar, and beat lightly in a bowl with six yolks and one small egg. Then add two teaspoonfuls of melted butter, and mix in lightly three-quarters of a cupful of Beaver flour, half a lemon peel grated, and, if preferred, half a teaspoonful of baking powder. If the mixture is very stiff, stir in a little sweet cream. Having filled the tarts, lay two narrow strips of paste crosswise on top of each, and bake in a moderate oven. If they brown too rapidly on top, cover with greased paper. Dust with powdered sugar before serving. Pies may also be made in this way.

LEMON PUDDING.—Beat the yolks of four eggs smooth with two large tablespoons of granulated sugar, then stir in the juice and part of the grated yellow rind of a large lemon; add two tablespoons of boiling water and cook in a double boiler, stirring occasionally until like thick cream. Beat the whites of the eggs to a stiff froth, then beat into them two tablespoons of granulated sugar; when this is light beat it into the yellow mixture while the latter is hot, which cooks it sufficiently to keep the whites from falling. The whole looks like a yellow puff-ball, and after first trial will be found very easy to make. This will serve six persons, and should be served with cake or crackers, as the pudding is very rich, though so delicate.

A DAINY DESSERT.—Nicely made cranberry jelly which has been thoroughly strained, and make a little sweeter than when served with turkey or as a sauce, makes a beautiful dish in connection with blanc-mange. Put into the mould first a layer of cranberry jelly, then blanc-mange, then cran-

Pies or Cakes, is attained by using "Beaver" Flour.

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berry, then blanc-mange, and so on until the mould is full, set in the refrigerator until wanted, and serve with powdered sugar and cream.

STRAWBERRY CREAM.—Pick the stalks from a box of strawberries, bruise them with a wooden spoon in a basin, with six ounces of fine sugar, rub this through a clean hair sieve, add a pint of whipped cream and two ounces of isinglass or gelatine, which has been dissolved together, mix with the strained strawberries and put in the mould.

APPLE SOUFFLE.—One pint of steamed apple, one tablespoon melted butter, half a cupful of sugar, the whites of six eggs and the yolks of three, a little nutmeg; stir into the hot apple the butter, sugar and nutmeg, and the yolks of the eggs, well beaten. When this is cold, beat the whites of the eggs to a stiff froth and stir into the mixture. Butter a dish and turn the souffle into it. Bake thirty minutes in a moderate oven. Serve immediately with any kind of sauce.

COTTAGE PUDDING.—One cup of milk, two eggs, one cup of sugar, two cups of Beaver flour, one tablespoonful melted butter, two teaspoonfuls baking powder. To be eaten with sauce.

MARMALADE PUDDING.—Half a pound of suet, half a pound of bread crumbs, half a pound of sugar, three ounces of orange marmalade; mix all together with four eggs, boil four hours; it is just as nice baked. Sauce: Two ounces butter, two ounces white sugar; beat to a cream and flavor to taste.

RASPBERRY SHORTCAKE.—Beat the yolks of three eggs until light, add three-fourths of a cup of pulverized sugar; beat to a cream. Mix with this three-fourths of a cupful of Beaver flour, and the whites of four eggs well beaten, one level teaspoonful of baking powder. Pour into two greased tins and bake for twenty minutes. Prepare one quart of raspberries by adding to them one cupful of sugar and crushing lightly. Spread between cakes and sift sugar over top.

PINEAPPLE SPONGE.—One small pineapple (or a pint and a half can), one cup sugar, one-half box gelatine, one and a half cups water, whites of four eggs. Soak the gelatine two hours in one-half cup water, chop the pineapple and put it and the water into a saucepan with the sugar

Flour quality than an armful of books.

All the best bakers want a blended

and the remaining cup of water. Simmer ten minutes, add the gelatine take from the fire and strain. When cold add the whites of the eggs well beaten, and beat until the mixture begins to thicken; pour into a mould, and set on ice to harden. Serve with a soft custard made of the yolks of the eggs.

POTATO PUDDING.—To one quart of potatoes that have been pressed through a sieve, add half a cupful of cream, yolks of two eggs, half a teaspoonful of salt, and one tablespoonful of chopped parsley. Fold in the beaten whites of the eggs; put in a buttered pudding dish, drop small pieces of butter over the top and bake for fifteen minutes in a quick oven.

APPLE FRITTER.—Make a batter of one pint of milk, two eggs, quarter teaspoon of salt, teaspoon of baking powder, one pint of Beaver flour. Beat eggs separately, add yolks to the soft batter; add the whites last thing. Cut tart, juicy apple into thin slices until you have a pint. Stir into the batter, lightly, drop by the large spoonful into boiling hot lard, cook a light brown, dust with powdered sugar and serve hot or cold.

PINEAPPLE WHIP.—One-half box of good gelatine soaked in a little cold water, one cup of sliced pineapple, take off the juice, add to it one cupful of sugar and let it get hot; pour over gelatine. When cold stir in one pint of whipped cream and chopped pineapple. Stir to keep apple from setting.

HOT MAPLE SAUCE FOR ICE CREAM.—Break fine a pound of maple sugar, cover with boiling water and stand at the side of the fire until dissolved. Draw forward and boil slowly but steadily until the syrup threads when tested with a fork. Stir in enough broken pecans or English walnuts—about two-thirds of a cupful—to make the sauce quite thick and send immediately to the table.

NUT PUDDING.—Sift together one pint of Beaver flour and two teaspoons of baking powder, pinch of salt, add one-half cup of granulated sugar. Beat well two eggs, add to them one cup of milk; stir this into the dry mixture, add a scant half cup of melted butter, beat hard. Stir into this one and a half cups of nuts chopped. Steam in a buttered mould for three hours.

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Every good housekeeper uses

ALMOND TARTS.—Beat to a cream the yolks of three eggs and one-quarter of a pound of sugar; add one-half pound of pounded almonds, one teaspoonful of extract of almond; put in tart tins lined with any kind of crust or paste. Bake ten minutes.

STRAWBERRY OR RASPBERRY SPONGE.—One quart strawberries or raspberries, one-half box gelatine, one and one-half cups water, one cup sugar, juice of one lemon, beaten whites of four eggs. Soak gelatine in one-half cup of the water. Mash the berries and add half the sugar to them. Boil the remainder of sugar and the cup of water gently twenty minutes. Rub berries through a hair sieve. Add gelatine to boiling syrup, take from the fire and add berry juice. Place the bowl in pan of ice water, and beat with egg beater five minutes. Add beaten whites, and beat until it begins to thicken. Pour into well wet moulds and set on ice. Serve with cream. Easily made and good.

ORANGE SPONGE.—Take one-half box of gelatine, dissolve in one pint of boiling water; when cool add the juice of three oranges and one lemon, half cup of sugar, whip for fifteen minutes, then take the whites of three eggs, beaten stiff and mix slowly, beat until thoroughly mixed, put in cool place to set. Serve with custard made of the three egg yolks.

MAPLE ICE CREAM.—Beat the yolks of two eggs until light; add two-thirds of a cup of maple syrup and one-half cup of sweet milk. Cook over hot water, stirring constantly, until the mixture thickens; then pour over the stiffly beaten whites of two eggs and cool. When cold add one and one-half cups of cream and freeze.

CHOCOLATE PUDDING.—Melt one-half cake of chocolate, add one and one-half cupfuls of brown sugar and one quart of milk. Cook until it begins to get thick. Pour this over one pint of bread crumbs, add three eggs well beaten with half a cupful of sugar and one spoonful of vanilla.

MAPLE MOUSSE.—One pint sweet cream, one small cup maple syrup, four eggs beaten separately. Put syrup and beaten yolks into a bowl, stir well together, then put on stove in double boiler and cook until it is the consistency of custard. Whip cream stiff, also whites of eggs, and add to the custard. Let it stand in a freezer well packed for three hours.

“Beaver” Flour, therefore all endorse it.

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CARAMEL PUDDING.—Make a custard with a pint of milk and two eggs and one tablespoonful of sugar. Soak half an ounce of gelatine in a little drop of milk and stir in the hot custard until dissolved. Make a caramel by browning over the fire two ounces of sugar, one tablespoonful of lemon juice and two tablespoonfuls of water. Be careful that it does not burn. When ready stir into the custard. When cold and beginning to set beat in half a cup of whipped cream.

GRANDMOTHER'S PUMPKIN PIE.—Bake the pumpkin instead of stewing it, and rub through a sieve. With two cups of the pumpkin mix a couple of tablespoons of seeded raisins cooked soft. Stir in two cups of scalded milk, sweeten with quarter of a cup of sugar and quarter of a cup of molasses, and season with half a teaspoon of ginger and half a teaspoon of salt. Last, add a slightly beaten egg. Line a pie plate with paste, put on a rim, fill with the pumpkin, and bake.

GRAHAM PUDDING.—Two and one-half cups of graham flour, one cup of milk, one cup of molasses, one cup of currants or raisins, two small teaspoons of soda, a little salt. Steam two hours and a half. Serve with lemon sauce.

A RICH APPLE CHARLOTTE.—Stew some cored and peeled apples till quite tender with a piece of thinly cut lemon rind, a very little water and sugar to taste. When quite to a pulp, let it stand till cold, then beat up a couple of eggs till light, and mix them with the apples together with an equal quantity of fresh buttered and broken bread. Have ready a buttered mould, sprinkle it very thickly with baked bread crumbs, fill up with the apple, etc., and then add a fine layer of bread crumbs. Bake in a slow oven, turn out carefully, and serve sprinkled with pulverized sugar, and, if liked, cream or a plain custard.

DUTCH APPLE PUDDING.—Sift a pint of Beaver flour with three level teaspoons of baking powder and half a teaspoon of salt. Rub in quarter of a cup of butter. Beat an egg and mix it with a scant cup of milk, then stir this into the flour. Spread the dough half an inch thick on a shal-

And be convinced of the assertion.

These are no fake recipes. All are

low baking pan. Pare and core four or five rather tart apples. Cut them into eighths and arrange the pieces, sharp edge down, in rows on the pan, pressing slightly into the dough. Sprinkle liberally with sugar. Bake in a hot oven, and serve hot with lemon sauce. Use the juice and grated rind of a lemon, a tablespoon of butter, two cups of hot water, a cup of sugar, and three heaping teaspoons of corn starch. Boil the water and sugar together for five minutes, add the corn starch mixed smooth with a little cold water, cook for eight minutes, stirring it frequently, add the lemon and butter, stir till the butter is melted, and the sauce is ready to serve. If too thick, a little hot water can be added.

CAKES and COOKIES

MADERIA CAKE.—One-quarter pound of butter, one-quarter pound of **Beaver** flour, two large eggs, one-quarter pound of sugar, the grated rind of one lemon. Cream butter and sugar, add eggs, one at a time, beating thoroughly, add lemon rind. Sift flour, stir lightly into butter and sugar. Pour into cake tin previously lined with paper. Put sliced citron on top. Bake about forty minutes in a moderate oven.

WHITE CAKE.—The whites of four eggs, two cupfuls of sugar, one-half cupful butter, one cupful sweet milk, three cupfuls **Beaver** flour, and two teaspoonfuls of baking powder. Mix well the sugar and butter, and the whites well beaten, add milk, then the flour with baking powder. Can be used as solid cake or in layers. This is nice packed with maple filling as follows. **Maple Filling.**—Two cupfuls of brown sugar, one-half cupful of butter, one-half cupful of sweet milk. Boil slowly until it thickens enough to drop from the spoon; flavor with vanilla. Beat until creamy and put between layers when cold.—Nellie Abshire.

WALNUT COFFEE CAKE.—Put half a cup of butter into a bowl, and with a silver spoon work it into a cream, adding gradually a cup of sugar. Beat until the mixture is white and frothy. Pour in half a cup of strong coffee strained free from any grounds. Put two and a half teaspoons of baking powder with a cup and three-quarters of **Beaver** flour, and sift into the mixture. Stir in three-quarters of a cup of broken walnut meats, and

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lastly the whites of three eggs beaten to a stiff froth. Bake in a deep pan. Make a frosting of a cup of powdered sugar mixed with coffee to the right consistency. Flavor with half a teaspoon of vanilla. Beat very smooth, spread on top and sides of the cake, and garnish with halved English walnut meats.

LAYER CAKE.—One cup of sugar, quarter cup of butter, two eggs, half a cup of milk, one and a half cups of **Beaver** flour, two teaspoons of baking powder, flavoring and salt. Cream the butter and sugar, add well beaten yolks, then flour sifted with baking powder, alternately with the milk; when this is well mixed, cut and fold in the stiffly beaten whites of eggs. Filling—One cup of sugar, third of a cup of thin cream, two egg whites, one cup of chopped dates, half cup of chopped almonds.

The following is a most excellent recipe for chocolate icing: One cup of powdered sugar, half a cup of grated chocolate, yolk of one egg, half a cup of sweet milk, put on stove and stir while cooking till it will candy when dropped in cold water.—Mrs. T. W. W. Clinton.

MOLASSES CAKE.—Ingredients: One-half cup of molasses, one-half cup of sugar, one-half cup of either sweet milk or water, two cups of **Beaver** flour, two tablespoonfuls of butter or lard, one tablespoonful of vinegar. Bake in two round pie tins. A good recipe to use when eggs are scarce.

CORN PUFFS.—Cream together one cupful of pulverized sugar and one-half of a cupful of butter. Add the well beaten yolks of four eggs with a pinch of salt and one teaspoonful of vanilla. Sift one cupful of cornstarch with two teaspoonfuls of baking powder and add it alternately with the well beaten whites of the four eggs to the cake mixture. Bake in gem pans which should be well buttered and heated before putting in the puff mixture. Place in rather a quick oven to bake. Remove from the pans and cover thickly with frosting. These are delicious.

MOCHA CAKE.—One-half cup of butter (scant), one cup of sugar, half cup of milk, two small cups **Beaver** flour, two teaspoons of baking powder, whites of four eggs. Bake in two layers. Icing: Two cups of icing sugar, four tablespoons of butter, four tablespoons of strong coffee, less if four tablespoons make it too thin. Spread between layers and on top. This makes a very rich cake.

Almost entirely on the "Beaver" brand.

Sales are increasing continually.

WHITE COOKIES.—Ingredients: One and one-half cups of sugar, two-thirds cup of shortening, two-thirds cup of water or sweet milk, one-half teaspoonful of soda; nutmeg or lemon to taste. Mix quite stiff with Beaver flour. Roll them thin; sprinkle lightly with granulated sugar, roll once more and cut out.

GINGER CAKES.—Ingredients: One cup of molasses, one-half cup of lard, one-half cup of sugar, one-half cup of water, two cups of Beaver flour, two teaspoonfuls soda, two teaspoonfuls ginger, one teaspoonful of salt. Use hot water in cold weather. Put lard into water until melted. Mix very soft. Turn on to well floured board, roll about one inch thick, cut into three-inch squares.

HOOSIER BISCUIT.—Sift together two cupfuls of Beaver flour, two teaspoonfuls of baking powder and a scant teaspoonful of salt. Into this rub one tablespoonful of shortening, either butter or lard. Mix with milk to make a soft dough. Roll out to half an inch in thickness and on this sprinkle brown sugar, cinnamon and bits of butter. Roll up as for cinnamon roll or jelly cake and cut into inch slices. Place the slices on tins and bake in a quick oven.

SPONGE CAKE.—Three eggs, one and one-half cupfuls of sugar, one and one-half cupfuls of Beaver flour, one and one-half teaspoonfuls of baking powder, two teaspoonfuls of lemon or vanilla extract, one-half cupful of boiling water. Beat lightly the whites and yolks of the eggs separately; then place them together, and beat again. Sift in the sugar, a little at a time, and add the flavoring, and the flour, into which the baking powder has been stirred. Beat all well together, and at the very last stir in the hot water. Bake in one loaf in a well buttered tin for three-quarters of an hour. Break for serving.

SOFT GINGER BREAD.—One cup sugar, one cup molasses, one cup lard, one cup boiling water, two and a half cups Beaver flour, two teaspoons soda, one teaspoon ginger, one-half teaspoon cloves, one teaspoon cinnamon, two eggs well beaten and added last. Bake in a slow oven.

DEVILS FOOD.—Cream one-half cupful of butter and one and one-half cupfuls of medium brown sugar; add one cupful grated, unsweetened

Why? Because everyone wants "Beaver" Flour.

Why not make your husband happy,

chocolate dissolved in one-half cupful of boiling water; next the yolks of two eggs well beaten, one-half cupful of sour milk after one teaspoonful of soda has been dissolved in same; two cupfuls sifted **Beaver flour** and, last, beaten whites of the two eggs. Bake in three layers. Filling: Two cupfuls granulated sugar, one-half cupful of cream and small piece of butter; boil about ten minutes or until it will cream, then remove; beat to proper consistency and spread between layers and on top of cake.

CREAM CAKE.—One egg, one cupful of sugar, two-thirds of a cupful of sweet milk, two cupfuls of **Beaver flour**, two tablespoonfuls of butter, three tablespoonfuls of cocoanut, two teaspoonfuls of baking powder. Bake in three layers. Cream Filling: A lump of butter size of walnut, one cupful of sweet milk, sweetened to taste. Beat one egg in a dish with one heaping teaspoonful of corn starch and add lastly. Stir until the boiling point is reached, then remove at once. Flavor to taste.

COCOANUT CARMELS.—Two cups of grated cocoanut, one cup of sugar, two tablespoonfuls of flour, the whites of three eggs, beaten stiff; bake on a buttered paper in a quick oven.

DROP BISCUIT.—One pint of **Beaver flour**, one tablespoonful of butter, one saltspoonful of salt, two teaspoonfuls of sugar, one teaspoonful of baking powder; mix and add one cupful of milk. Drop on buttered tins, by the spoonful, about two inches apart and bake ten minutes in a hot oven.

EGGLESS CAKE.—One cupful of sugar, half a cupful of butter, two cupfuls of **Beaver flour** well sifted with one level teaspoonful each of soda, cinnamon and nutmeg, one cupful of sour milk, one cupful of seeded raisins well dredged with flour. Bake in a square tin in a good oven. This is an excellent cake to serve with a fresh fruit filling and a soft, thick, plain white frosting.

CUP CAKE.—Beat a cup of butter or one-half lard to a cream with two cups of sifted sugar. Grate in the peel of a lemon, beat the yolks of three eggs, stir them in; then sift in three cups of **Beaver flour**, using just milk enough to make a very thick batter. When the flour is in whip the whites and add them; put in a pinch of salt and two teaspoonfuls of baking powder; bake in a buttered tin in a quick oven, covering the top with a piece of card-

The children happier, by using "Beaver" Flour?

No bad luck in your cooking

board or a paper box top, for the first part of the time, until the cake is fully risen.

LEMON ICING.—Grate the rind of one large lemon and add the juice to it, beating slightly, then adding enough powdered sugar so that it will spread easily on your cake. Or, beat the whites of two eggs stiff and add the grated rind, part of the juice and the sugar. Orange icing can be made the same way.

GINGER COOKIES.—Rub to a cream one cupful of butter and a cupful of sugar; work in gradually a cupful of molasses and a small teacupful of sour milk or buttermilk. Stir in an even teaspoonful of soda dissolved in a little boiling water and beat all hard, adding, as you do so, two teaspoonfuls of ground ginger. Stir in enough Beaver flour to make a dough that can be rolled out. Roll very thin, cut into rounds and bake in a good oven.

CHOCOLATE MACAROONS.—One-half pound pulverized sugar, quarter pound grated chocolate mixed with beaten whites of two eggs. Drop on white paper a teaspoon at a time. Bake in a moderate oven for fifteen minutes.

ORANGE CAKE.—Beat two eggs without separating until foamy, add one cupful of sugar, one tablespoonful of melted butter, half a teacupful of milk, two teaspoonfuls of baking powder and one and one-half teacupfuls of Beaver flour sifted into the other ingredients; lastly, the juice of an orange, or, if you prefer it, the juice of one lemon; bake in gem pans about twenty-five minutes in a moderate oven.

LEMON FILLING, COOKED.—One cupful sugar, one egg, juice and grated rind of one lemon, one-half cupful of cold water and one tablespoonful of cornstarch. Place the dish in boiling water until it thickens, then spread between the layers; ice on top.

MAPLE SUGAR FROSTING.—Add one cup of sweet cream to two cups of rolled maple sugar; boil slowly until it will thread from a spoon, about three-quarters of an hour. Then let it get about half cool, stir in half a cup of chopped English walnut meats, beat until it becomes creamy, then spread it over the cake.

WHITE COOKIES.—Ingredients: One cup of butter, two cups of sugar, three eggs, one cup of sweet milk, four teaspoonfuls baking powder, sufficient Beaver flour to roll easily. Cut into shape and bake.

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After all we have been telling you about

ONE EGG CAKE.—This is the time of the year when eggs are scarce and the one egg cake becomes very popular. It is a matter not only of economy, but necessity when the dealer, in justice to his customers can let an average family have but one dozen at a time. One egg cakes are excellent, but do not keep fresh so long. One cupful of sugar, one rounding tablespoonful of butter; stir to a cream, then add one egg, white and yolk beaten separately, one cupful of milk, two cupfuls of sifted **Beaver** flour, two tablespoonfuls of baking powder and one teaspoonful of flavoring. Beat thoroughly for three or four minutes and bake in a shallow pan; when done, and still hot, sift over it powdered sugar, and place half an English walnut meat on each section. Cut into squares with a hot knife.

CANDIES

WALNUT CREAMS.—Boil without stirring two cupfuls of granulated sugar and two-thirds of a cupful of water until it will spin a thread; flavor with extract vanilla. Set off into dish of cold water; stir briskly until white and creamy. Have walnuts shelled; make cream into small round cakes with your fingers; press half a walnut on either side, and drop into sifted granulated sugar. For cream dates, take fresh dates, remove stones, and fill center of the dates with this cream. Drop into sugar.

CHOCOLATE CREAMS.—Two cups of powdered sugar, one cup of water, and two and one-half tablespoonfuls of arrow-root. Let it boil ten minutes, stirring all the time. Take it from the fire and continue to stir till it comes to a cream. Add one small teaspoonful of vanilla. When cool enough to handle, make into small balls, with the fingers, and lay on papered or buttered plates. For the outside melt the chocolate clear. When smooth and warm roll the balls in it.

COCOANUT CANDY.—Grate a large cocoanut and add to it the beaten whites of two eggs, the milk taken from the nut, and sugar enough to make a thick paste. Drop on paper and expose to the air to harden.

CARAMELS.—Ingredients: One-half cup of butter, one cup of sugar, one cup of milk, one cup of molasses. Boil fifteen minutes, or until it hard-

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ens in cold water. Pour into greased pans and cut into squares or diamonds before quite cool. These may be flavored with vanilla, lemon or cinnamon to suit the taste.

MOLASSES CANDY.—One cup of molasses and one cup of sugar, a piec of butter the size of an egg. Boil, but do not stir until it will break when dropped into cold water. Now remove from the fire and add one teaspoonful of soda and beat thoroughly. Pour into buttered pans, and when cool enough pull until white and cut into sticks.

CARAMELS.—One-half cup light sugar, one-half cup dark sugar, three-fourths cup of molasses, one-fourth cup grated chocolate, one-half cup milk, butter one-half the size of an egg. Melt all together over a slow fire, and run into a shallow pan.

FIG CANDY.—One cup of sugar, one-third of a cup of water, one-fourth of a teaspoonful of cream of tartar; put over the fire and boil to an amber color, but do not stir when boiling. Stir in the cream of tartar just before removing it from the fire. Split the figs open and lay them on a pan, and pour the candy over them.

SHERBERTS, CREAMS and DESSERTS

CHARLOTTE RUSSE.—One-quarter box of gelatine softened in quarter cupful of cold water, one pint sweet cream, one-half cupful sugar, one teaspoonful vanilla, one tablespoonful of wine, one-quarter cupful boiling water to dissolve gelatine, one-half cupful of walnut meats broken up. Whip cream stiff, add dissolved gelatine just before it begins to set, then the sugar, flavoring and nuts, and whip till it begins to be stiff, then turn into mould and put in ice box. If cream is perfectly fresh and sweet this will keep two or three days.

APPLES WITH MERINGUE.—Peel and core nice, large, tart apples, place in a pudding pan, fill in the cavities and intervening spaces with sugar, a cupful to six apples; put a lump of butter on top of each apple, add a third of a cupful of water and bake. Beat the whites of two eggs to a stiff froth,

Argument to convince you of its superior quality.

"Best" Wheat makes "Best" Flour. "Beaver" Flour is

add gradually three-fourths of a cupful of granulated sugar and beat for a half hour. Take up the apples and put in a large spoonful of the meringue on top of each apple. Do not brown in the oven.

APPLE GINGER.—Two pounds of any kind of hard apples, two pounds of loaf sugar, one and one-half pints of water, one ounce of tincture of ginger; boil the sugar and water until they form a rich syrup, adding the ginger when it boils up. Pare, core and cut the apples into pieces; dip them into cold water to preserve the color, and boil them in the syrup until transparent; but be careful not to let them break. Put the pieces of apple into jars, pour over the syrup, and carefully exclude the air by covering them well. If kept in a dry place, it will remain good some time.

STRAWBERRY SHERBET.—One quart of berries mashed; sprinkle over these one pint of sugar, add the juice of one lemon, and a half pint of water in which has been dissolved a tablespoonful of gelatine. Freeze as you would ice cream.

BANANA FOAM.—Thoroughly chill some double cream and the utensils used in whipping it. In the refrigerator place as many bananas as there are persons to be served. Whip the cream, sweeten it with granulated sugar and flavor it with vanilla. Dice the bananas, pour a little lemon juice over over them and carefully fold them into the cream. Serve in sherbet glasses which have been placed in a cool place for half an hour.

CURRENT SHERBET.—Boil together for ten minutes one pint of water and one pound of sugar, skim, cool and add three cupfuls of currant juice. Turn into a freezer and when half frozen add the whites of two eggs whipped to a froth with three tablespoonfuls of powdered sugar. Continue turning until very firm; take out the dasher, pack and set aside for three hours before serving.

APPLE PRESERVE.—Six large apples, peeled, quartered, and each quarter cut a second time; one pint of boiling water; two-thirds of a cup of sugar, drop apples into this syrup and cook until tender, nutmeg, cinnamon and peel may be added.

GOOSEBERRY JAM.—To eight pounds of gooseberries allow one quart currant juice and 5 pounds of granulated sugar. Boil the juice and sugar in a porcelain-lined kettle, skim and add berries. Let simmer gently

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for forty-five minutes, then set away for two days. Bring again quickly to the boiling point until every berry is transparent. Stir frequently during the cooking. Pour at once into jars, and when cold cover with paraffine or oiled paper and keep in a dry place. This may be served with a salad course.

BLACKBERRY BAVARIAN.—Soften a quarter of a package of gelatine in half a cupful of blackberry juice; dissolve over hot water; add the juice of half a lemon, a cupful of blackberry juice and half a cupful of sugar. Stir over ice water and when it begins to "set" fold in a cupful and a half of double cream beaten solid. Pour into a mould. When cold serve wreathed with the froth from whipped cream.

FROZEN PEACH JELLY.—Rub through a sieve eight large ripe peaches, adding one ounce of gelatine dissolved in a cupful of hot cream and four tablespoonfuls of sugar; allow the mixture to cool but not harden and then add gradually a cupful of rich milk, blended with one well beaten egg. Beat again until light and creamy and turn into a brick mould, burying in ice and rock salt for about two hours.

SPANISH CREAM.—To one pint of milk add one-third of a package of gelatine; set the dish it is in into a kettle of water; when dissolved, beat the yolks of three eggs, and five tablespoonfuls of sugar together, and stir in the milk until it begins to thicken; take from the fire, and add the whites of the eggs well beaten; stir five minutes, flavor to taste, and put into a mould.

PICKLES and SAUCES

PRIME MUSTARD PICKLES.—Equal quantities of small cucumbers, cauliflower picked into flowerets, and small button onions; keep them covered with salted water for twenty-four hours; in the morning scald the brine and dissolve in it a bit of alum the size of a nutmeg. Pour the boiling brine over the pickles; when cold drain thoroughly and prepare as much vinegar as there were quarts of brine. To one quart of vinegar use one cupful of

That you get it. Take no other "Just as good."

"Just as good " flours are not as GOOD.

brown sugar, half a cupful of **Beaver** flour and one-quarter pound of ground mustard. Boil the sugar and vinegar, mix the flour and mustard and stir the boiling vinegar into it, and when smooth pour over.

SWEET PICKLES.—Take one gallon sliced tomatoes, put in a cullender, and sprinkle over them a handful of salt, and let drain over night; add two quarts vinegar, two cups sugar, one gill whole mustard seed, two teaspoonfuls black pepper, one green pepper chopped fine, two teaspoonfuls clove, and one teaspoonful allspice. Boil twenty minutes.

SWEET MIXED PICKLES.—Take cucumbers, onions, cauliflowers and small tomatoes and cover with water and salt for twenty-four hours, then drain. Boil vinegar with whole mixed spices and cayenne, sweeten to taste. Pour vinegar over the pickles, and let stand some days, then boil the vinegar again and pour over pickles in jars. Cork tightly.

INDIAN PICKLE.—To each gallon vinegar put four ounces of curry powder, four ounces of mustard, three ounces of bruised ginger, two ounces of turmeric, two ounces garlic, one quarter pound of salt, and a little cayenne. Put these ingredients into a stone jar and cover closely; place beside the fire for three days, shaking it occasionally; it will then be ready for all kinds of vegetables, except red cabbage or walnuts.

SPICED GRAPES.—Pulp and seed five pounds of tart grapes, and put them over the fire in a porcelain lined saucepan, with four pounds of granulated sugar, two tablespoons each of cloves and cinnamon and a pint of vinegar. Cook slowly for half an hour after coming to a boil, then pour into jelly glasses.

GOVERNOR'S SAUCE.—Slice a peck of green tomatoes. Sprinkle salt over them (say about a cup) and let them stand one night. In the morning pour off the liquor and put them in a kettle, with vinegar enough to cover them. Add six green or red peppers (moderate size), four large onions chopped fine, one cup brown sugar, one-quarter pound mustard seed, one tablespoon cloves, one tablespoon allspice, one tablespoon white pepper. Let it simmer until soft, put into jars and keep air-tight.

CHILI SAUCE.—Chop twelve large ripe tomatoes, two onions, two small red peppers, four tablespoons sugar, two tablespoons salt, three

Nothing genuine except "Beaver" Flour.

What a blessing to a tired housewife

small cups vinegar, three sour apples, one teaspoon each of ginger, cinnamon, cloves, nutmeg. Boil four or five hours. Drain off part of liquor from tomatoes before boiling.

SWEET APPLE PICKLES.—Pare and core five pounds of sweet apples, put a clove in each quarter, and boil in water until soft; dissolve four pounds of white sugar in about one quart of vinegar fifteen or twenty minutes; put the apple in a jar and pour the vinegar over it.

VEGETABLES

CORN OYSTERS.—Mix into a pint of grated green corn three tablespoonfuls of milk, one tablespoonful of **Beaver** flour, a piece of butter the size of a hickory nut, one teaspoonful of salt, half a teaspoonful of pepper and one egg. Drop it by dessertspoonfuls into a little hot butter and saute it on both sides. It resembles and has much the flavor of fried oysters. Serve hot on a warm platter.

BAKED CUCUMBERS.—Baked cucumbers are delicious. Peel good-sized cucumbers, cut them in two lengthwise and remove the seeds and soft part, keeping the shape perfect. To three cucumbers take three-quarters of a cup of soft bread crumbs and rub into them butter the size of a small egg and a teaspoonful of finely-chopped onion; season this with a large saltspoonful of salt and a good dash of cayenne. Sprinkle a saltspoonful of salt over the cucumbers, fill them with the seasoned bread crumbs and bake until cucumbers are very soft and the filling a nice brown.

POTATO SOUFFLE.—Take two cups cold mashed potato and stir into it two tablespoons melted butter, beating to a white cream before adding anything else. Then put with this two eggs whipped very light and a teacup of cream or milk, salting to taste. Beat all well, pour into a deep dish, and bake in a quick oven until it is nicely browned. If properly mixed it will come out of the oven puffy and delectable.

Is a good reliable flour. Take none but "**Beaver**."

The Best Wheat and proper blending machinery, The

CREAMED CABBAGE.—Slice young, tender cabbage as for cold slaw and stew in a sauce pan until tender. Drain it and add to the cabbage in the stew pan a gill or more of rich cream, an ounce of butter and pepper and salt to taste. Let simmer two or three minutes and serve. Milk may be used by adding more butter to the cabbage after it is cooked. When the milk is heated through season it and thicken it slightly with **Beaver flour** moistened with a little cold milk. Cook a minute and serve.

SWEET POTATO AU GRATIN.—Parboil the potatoes, peel and slice while hot. Butter a deep dish well, put in a layer of potatoes, sprinkle with sugar, salt, pepper, and dot with butter, then a stratum of fine crumbs, season in the same way, leaving out the sugar. The uppermost layer should be of crumbs, and well buttered. Pour in four tablespoons of warm water to generate steam, cover closely, and bake one-half hour. Uncover and brown. This is an especially nice dish for a family dinner, and always liked by children.

AMERICAN SLAW.—Remove the outer leaves from a solid head of cabbage which has been in the ice box long enough to have become thoroughly chilled. Slice the cabbage down in fine shavings and put it in a cold salad bowl. Mix together one-half of a cupful of stiff mayonnaise dressing, one-half a cupful of cream and one-half of a cupful of peanuts, which have been coarsely chopped. Blend well and mix evenly through the cabbage of lettuce and slices of hard boiled eggs.

PANNED TOMATOES.—To pan tomatoes, cut the tomatoes into halves, place them in a baking pan, skin side down, sprinkle lightly with salt and pepper, and put in the centre of each a tiny bit of butter. Bake slowly until soft. Dish, and add to the liquor in the pan one pint of milk. Moisten two level tablespoonfuls of butter with a little cold milk; add it to the pan and stir constantly until boiling. Add a tablespoonful of salt, a dash of pepper, and pour it over the tomatoes. Garnish with squares of toast and serve.

GREEN CORN PATTIES.—Grate as much corn as will make one pint, add one teacupful of **Beaver flour** and one teacupful of butter, one egg, pepper and salt to taste. If too thick add a little milk. Fry in butter.

Best Mill and skilled millers make "Beaver" Flour

Made by the T. H. Taylor Co., Chatham, Ont.

LYONAISE POTATOES.—Put a pint of milk in a frying pan, add a piece of butter the size of a walnut, a little salt and pepper, let it boil, take heaping teaspoonful of cornstarch, mix it with a little cold milk and add to it the milk in the pan; keep stirring while adding it; have ready seven good-sized potatoes peeled and cut into small slices, put them into a pan with a little parsley and one chopped onion, cover them with a plate, and let them stew gradually for fifteen minutes; send to the table in a covered dish.

BEVERAGES

RASPBERRY VINEGAR.—Add to eight quarts of fine ripe black raspberries sufficient vinegar to reach the top, but not to cover them. Let stand in a stone jar twenty-four hours. Then strain through a colander, mashing the berries well. Strain again through cheesecloth, and measure the juice. Put the juice in a preserving kettle and let it boil for twenty minutes; add six cups sugar and boil ten minutes longer. Seal in fruit jars or bottles. Strawberry shrub may be made in the same way.

STRAWBERRY SHERBET.—Make a syrup of one pound of sugar and one cup of water. Cool, add one cup of orange juice, one-half cup of lemon juice and one quart of mashed strawberries; mix and strain.

Fruit syrups can be made of any fruit. Cook a quart of fruit with a pint of water until the fruit is well softened; then strain and press out the juice through heavy cloth; when cold sweeten and dilute the juice and serve in glasses of cracked ice.

PINEAPPLE LEMONADE.—Make a syrup of one pound of sugar and one and one-half cups of water. Take one good-sized pineapple—pare carefully, remove seeds and grate. Add to it the juice of three lemons and the hot syrup. When cool, add two cups of ice-water and one cup of grape or strawberry juice. Serve in tall glasses filled with shaved ice, and a sprig of fresh mint in each glass.

Correspondence solicited. Enquiries answered promptly.

Beaver Mills Flour is always reliable—always the same.

MINT GINGER ALE.—Put into a punch bowl a cupful of granulated sugar and the juice of six lemons. Keep in the ice box until the sugar is dissolved. Put six stalks of mint in the bowl, bruising the leaves slightly as you do so; half fill the bowl with crushed ice; put in two bottles of ginger ale; stir until very cold and serve.

OATMEAL SHRUB.—Four ounces of fine, fresh oatmeal, six ounces of sugar and the juice of a lemon. Place these three ingredients in a jar, moisten with luke-warm water enough to mix; then pour over one gallon of boiling water, stirring constantly. Let it settle, and use cold. This is a most strengthening and refreshing drink and is very valuable for invalids. Orange may be used for the flavoring or almost any other acid fruit, in which case double the given amount of lemon.

MILK PUNCH.—One pint of milk made very sweet, a wineglass of brandy or rum, well stirred together; grate a little nutmeg over the top of each glass and serve.

MISCELLANEOUS

WORTH KNOWING.—Every young person knows that nuts after they are dried somewhat are sweeter than when first gathered. But the drying process goes on, until they, especially chestnuts, become too hard to be eatable. These and other nuts can be kept from becoming too dry by mixing them with sand. If mixed with an equal bulk of sand, in a box or barrel, and kept in a cool place, these nuts may be preserved in an eatable condition until spring.

If you have a bad headache, rub slices of lemon along the temple. The pain will not be long in disappearing or at least growing easier to bear.

VARNISH AND PAINT.—If the stain is on a coarse fabric, dissolve by saturating with turpentine; use alcohol if on a fine fabric. Sponge with

Be sure you have "Beaver Mills Flour."

Don't be satisfied with just good bread.

chloroform if a dark ring is left by the turpentine. Be very careful not to use the chloroform or turpentine where there is either fire or artificial light.

SEWING MACHINE OIL STAINS.—Rub with lard. Let stand for several hours. Then wash with cold water and soap.

SCORCHED STAINS.—Wet the scorched place, rub with soap and bleach in the sun.

Fly stains can be removed by rubbing the varnished wood with vinegar and water, while whitewash marks on the floor or windows may be successfully treated with an application of paraffin.

To drive moths away get some rock sulphur or brimstone from the chemist or oil store and place small lumps amongst the things put away, after well brushing them. It will leave no smell or mark of any sort, and no moth will go near the box or drawer where brimstone is placed.

Violets after they have been worn will come out fresh and almost as good as new by clipping the stems without cutting the bouquet apart and putting the flowers into a deep glass of water, covering the heads with waxed paper and setting them in the refrigerator.

Lemonade is about the most healthful tonic one can use.

A Roman remedy for malaria is this: Cut a lemon into a pint of water, peel and all. Boil down to one-half. Take one teaspoonful before meals. Better than quinine.

When stewing meat, use no more water than is actually required to cook the meat. Keep the pot covered tightly to retain the steam and the flavor. Shake the pan occasionally to prevent anything sticking to it.

INK STAINS.—Soak in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.

Have the best the cook can make.

Best bread means "Beaver" Flour. At your grocer's.

To remove the stain of axle-grease from both the light and dark colored wash materials, rub the stained portions with lard and soap well, laying it aside for a short while, after which dip the stained parts in turpentine and the stain will rub out freely. Wash finally in warm soapsuds.

To rid a pan of the odor of onions, wash it in the usual way with soapsuds and hot water. Wipe out with a dish cloth, then sprinkle freely with common salt and place on the stove, shaking the pan so as to scatter the salt while it is browning. After the salt has become brown, throw it away and wipe the pan. The salt will entirely dispel the flavor of the onions.

GRASS STAINS.—Molasses rubbed on grass stains on white dresses and under garments, will bring out the stains when the clothing is washed.

To take mildew from linen rub the spot with soap; scrape chalk over it and rub it well, lay it on the grass in the sun; as it dries wet it a little. It will come out with two applications.

Several thicknesses of unpainted wire window screen netting folded flat make the very best kind of scrubber for cleaning rusty flatirons, a final polish on a rough cloth being, of course, also necessary.

To remove glass stoppers, attach one end of a stout cord to something firm, wind it once around the neck of the bottle, hold the end firm with one hand, and with the other move the bottle rapidly back and forth. The friction will heat the glass enough to expand it so that the stopper can be readily removed.

The inside of a cut raw potato will remove mud stains from black silk. Try it upon a small piece. Should it prove ineffectual, use a mixture of equal parts of alcohol and either, rubbing down toward the bottom of the skirt—not up.

For the mirrors keep a chamois skin which use for no other purpose. To a small quantity of water, add some alcohol, wring the chamois out of this, wipe off the mirror and the result is a joy to her who has always known only the hard way of doing these necessary duties.

"Beaver" Flour never fails, never disappoints.

"Beaver" Flour straightens out all Baking Difficulties.

GREASE SPOTS.—Hot water and soap generally remove these. If fixed by long standing, use either chloroform or naphtha. Both of these must be used away from fire or artificial light.

FRUIT STAINS.—Stretch the fabric containing the stain over the mouth of a basin and pour boiling water on the stain. In cold weather fruit spots can frequently be removed by hanging the stained garments out of doors over night. If the stain has been fixed by time, soak the article in a weak solution of oxalic acid, or hold it over the fumes of sulphur.

To clean the pipe of the kitchen sink, add a teaspoonful of powdered ammonia to two tablespoonfuls of soda and pour over it a gallon of boiling water. This will dissolve any grease in the sink.

RUBBER RINGS.—The rubber rings of preserve jars will recover their elasticity if soaked for a while in weak ammonia water. This is quite an item when canning is being done, and the rubber rings are found to be stretched out of shape.

Linoleum should never be scrubbed. Wash with tepid water and when it is partially dry, go over it again with a mop and a cloth wrung out of sweet milk; a teacupful will be enough for a good sized floor. The milk keeps the floor surface smooth and the linoleum stays clean much longer, retains its new look and wears much better than when cleaned any other way. Two other ways to brighten linoleum is to sponge with a weak solution of beeswax in spirits of turpentine; and by rubbing with equal parts of salad oil and vinegar. Rub thoroughly with a flannel cloth and do not use too much of the mixture or allow any of it to remain on the surface of the linoleum. If very much soiled, clean the covering by wiping with a cloth wet with soap and water before using the oil and vinegar.

SURE CURE FOR DYSENTRY.—For adults give a teacupful of West India molasses. For a child half a teacupful.

"Beaver" Flour is the flour of the family.

“Beaver” Flour makes the bread and pastry that

To grease a griddle, cut an English (white) turnip in halves, and rub the griddle with it. It causes no smoke, smell, taste nor adhesion, and is better than butter or grease.

For relief and cure of cramp in the stomach, sweeten warm water with molasses or brown sugar and drink of it freely. It will relieve after morphine and other remedies have failed.

To get rid of roaches sprinkle borax about the infested places.

When mashing potatoes use hot milk, and if you have been in the habit of using cold, you will be surprised at the difference in the lightness.

It is often disappointing when cutting a nut cake to find most of the nuts have settled at the bottom. To remedy this, sprinkle the nuts thoroughly with flour; the nuts will stay in place after they have been stirred into the cake.

When ivory becomes yellow, set it in the sun to bleach. To clean it wash with alcohol and a soft brush, then polish with a dry, soft brush.

If you wish to iron an article immediately after sprinkling it, try dampening it with boiling hot water. Roll it tightly for a moment or two, shake it out and iron it with a hot iron.

Always make starch with soapy water, which will give better gloss to the linen and prevent the irons from sticking.

An excellent way to prevent clothes from freezing to the clothes-line is to dip a cloth in strong salt water and wipe the line with it.

Before washing lace collars baste them closely on a piece of white cloth. They will not be stretched nor torn. If no starch is put in them they will look like new.

Model Canadian housewives delight to serve.

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